

Qualicum Beach SENIORS ACTIVITIES CENTRE

NEWSLETTER

FEBRUARY 2026

For the young at heart

703 Memorial Avenue
Qualicum Beach BC
Monday to Friday
9:00 am to 3:30 pm
250-752-0420

VOLUME 29 | ISSUE 2



Rob's Notes

I would like to thank the member who made a generous donation; it is much appreciated!

Also it should be noted that we have removed the puzzle table, we have added much needed space to the dining room. Puzzles are still available in the library to sign out to enjoy at home.

Speaking of the kitchen, at this time of year when it is cold outside nothing is better than heading down to the Seniors Centre for a warm lunch or soup and sandwich and enjoying the company of other members.



A SINCERE THANK YOU

Recently, the Qualicum Beach Seniors' Centre received an anonymous donation of \$8,000 from one of our members. This incredibly generous gift was donated by a life-time resident of Qualicum Beach who wishes to show appreciation and support of the Centre and in particular, its volunteers who contribute their time to provide programs and services for the benefit our seniors' community.



A huge thank you from all of us at the Centre. We truly appreciate your generosity and support.



“Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude.”



Margot Graham turned a very well-seasoned 89 on Tuesday, 27 January, and on Wednesday she celebrated by sharing her birthday with friends at the centre. The room was full of grins as "Happy Birthday" was sung (with varying degrees of enthusiasm and pitch), flowers were presented, candles were blown out with impressive gusto, and berry crisp was enthusiastically devoured. A very good time was had by all—no one left unsatisfied.

Special thanks go to Bryon Fischer and one mysterious donor (anonymous accomplice) for an absolutely outstanding berry crisp that had everyone licking their lips and asking for seconds, along with a bouquet of flowers fit for the birthday queen herself. Crumbs were everywhere, dignity slightly less so—and Margot wouldn't have had it any other way.



SENIORS CENTRE Activities



SUNDAY

Duplicate Bridge 1:00 - 4:00 pm
\$2 per session
Wolfgang Dost 250-594-4513 wolf.dost@yahoo.ca

Open Mic – 1st and 3rd Sundays
6:30 - 8:30 pm
Bill Wilson 250-752-8542 laveer34@gmail.com

MONDAY

Knitting/Crochet for MANNA
9:30 - 11:30 am
Joy Strobl 250-594-4043 joystrobl@gmail.com

Yoga 9:30 - 10:30 am
Chair Yoga 11:00 am - 12 noon
\$8 per session
Jane Loney 250-228-1157
janeloney@hotmail.com

Membership Office Time
11:30 - 3:00 pm
Anne Sharp 250-752-9771
sharp44@shaw.ca

QB Ukulele Band 12:30 - 2:30 pm
Catherine Khan 250-752-9082
mckhan2@shaw.ca

Beginner Ukulele 2:30 - 3:30 pm
Henk Verkerk 250-954-9484
hcverkerkis@gmail.com

Line Dance I 3:00 - 4:00 pm
Line Dance II 4:00 - 5:00 pm
Ballroom Dance Practice
5:00 - 6:00 pm
Judy Palipowski 250-752-6837
judypalipowski@gmail.com

TUESDAY

Fun Bridge 9:00 - 12 noon
Al Gagnon 250-586-2500
algagnon006@gmail.com

Henk's Practice Group
10:00 am - 12 noon
Henk Verkerk 250-954-9484
hcverkerkis@gmail.com

Whist 12:30 - 3:00 pm
Sally Jagger 250-752-3556
sallyjagger@gmail.com

TUESDAY continued

American Mahjong
12:30 - 3:00 pm
Sonya Miller 250-752-5737 miller206@shaw.ca

Functional Movement Class
1:30 - 2:30 pm
Jane Loney 250-228-3349 janeloney@hotmail.com

Splatters Painting Art Class
3:00 - 4:30 pm
Mike Sherlock 604-815-7711
msherlockqb@gmail.com

Rambler's Practice 4:45 - 6:15 pm
Colin Craig 250-228-3349

WEDNESDAY

Hatha Yoga 9:45 - 11:00 am
\$8 per session
Bonnie Evoy 250-248-7691
tangledanddark@hotmail.com

Dominoes 10:00 am - 12 noon
Pauline Childs 250-752-2440
dave7522440@gmail.com

Beginning / Elementary Spanish
11:30 am - 12:30 pm
\$2 per session
Elena Ortiz 250-752-8803
elenaortiz23@yahoo.es

Chair Yoga 1:00 - 2:00 pm
\$8 per session
Jane Loney 250-228-1157
janeloney@hotmail.com

Book Club 2:00 - 3:00 pm
First Wednesday of the month
Gail Smith 905-808-4585
xgailsmith@gmail.com

Guitar with Chaz 2:30 - 3:45 pm
Chaz Booth 250-240-0465
chazentertains@gmail.com

QWEST Weigh-in 3:15 - 5:00 pm
Elaine MacDougall 250-594-3604 repac5@shaw.ca

Beginner Line Dance
5:30 - 6:30 pm

Dance Practice 7:00 - 9:30 pm
Judy Palipowski 250-752-6837
judypalipowski@gmail.com

THURSDAY

Darts 10:00 am - 12:15 pm
Bernie Brockway 250-757-2330
berniebrockway82@msn.com

Drop-in Bridge 12:30 - 3:00 pm
Donna Roberts 250-228-2788 robbos@telus.net

Technology Tutor 1:30 - 3:30 pm
Brian Collicott 250-947-8258
Or book your own appt: tlc@sd69.bc.ca

Line Dancing 4:00 - 5:00 pm
West Coast Swing 5:00 - 6:30 pm
Judy Palipowski 250-752-6837
judypalipowski@gmail.com

A Cappella Choir 7:00 - 9:30 pm
Marion Clark 250-468-9280
treblemagic19@gmail.com

FRIDAY

Ukulele Friday 10:00 am - 12 noon
Thuy Bui 250-607-8448
Linhthuyca2018ca@gmail.com

Classical Guitar 10:00 am - 12 noon
Cathy MacFarlane 250-594-2260
fiona3@shaw.ca

Mahjong 1:00 - 3:00 pm
Angie Bettam 250-937-1862
angiebettam@gmail.com

Art Group 1:00 - 3:00 pm
Richard Waterfall 613-791-6425
rgwaterfall@gmail.com

SATURDAY

Hatha Yoga with Richard
9:45 - 11:00 am **\$8 per session**
Anne Sharp 250-750-9771 sharp44@shaw.ca

Qi Gong 11:15 - 12:15 pm
\$5 per session
Dr Rod LeBlanc
rod@lifelonghealth.ca

Note: Extra copies of the Activities List are available from the Greeter's desk. Please check for any changes that may have taken place.

Getting up. Getting Down.

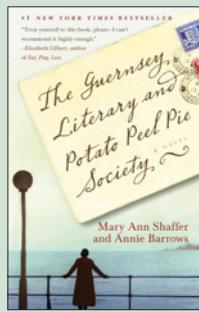
Have you lost the ability to get up and down off the floor with ease? Would you like to learn a safe, comfortable and efficient way to get back on your feet? If so, you can book a free session with yoga teacher **Jane Loney**. There will be only 3 students per class so your particular physical challenges can be addressed.



The classes will be held in the lounge at 1:30pm on Tuesdays starting February 3. Call Jane at (250) 228-1157 to reserve a spot.

The **Book Club** meets the first Wednesday of each month. Two well regarded historical fiction books are on our upcoming reading roster.

For February its *The Briar Club* where we find ourselves in Washington DC in the 1950's and immersed in racism, communism and feminism!



In March, *The Guernsey Literary and Potato Peel Pie Society*, transports us to the Channel Islands during WWII.

As we continue with a full club membership at the moment, please contact Gail@xgail.smith@gmail.com if you wish to be on our waiting list.

Reading gives us someplace to go when we have to stay in one place ~ Mason Cooley



Knitting/Crochet for Manna Homeless Society

We would appreciate any donations of yarn as our supply is quite low. Donations can be dropped off at the front desk.

We have been busy. So far this month we have dropped off to Manna 21 toques, 1 scarf, 1 pair socks and 5 blankets. Thanks to everyone who has contributed these items.

We will continue with dishcloth sales available at the front desk. Like most things costs are up and items are smaller so we have had to increase the cost to **\$3 each or \$5 for 2**.



The Bradley Centre had a **Burns Night** on January 23rd and some of our members attended. A gentleman piped in the haggis and John Beaton gave the address to the haggis. We had a delicious meal! The young dancers entertained us as did the Scottish Country dancers. Then we were invited up to try our hand at a few Scottish dances! We had a great evening!!



West Coast Swing Break Out – February 2026

Join in every Thursday at The Centre from 5:00–6:30pm for our West Coast Swing Break Out!

Why you'll love it:

- Perfect for all levels – from brand-new beginners to seasoned dancers.
- Each week builds your confidence with basic patterns while introducing a new move for those ready to level up.
- No partner required – just bring your enthusiasm!
- Great exercise, lively music, and the joy of dancing with friendly faces.

By the end of these sessions, you'll have the skills, rhythm, and confidence to step onto any West Coast Swing dance floor – anywhere in the world!

Don't just listen to the music... dance to it! Come out, learn something new, meet wonderful people, and most importantly – have FUN, FUN, FUN!

Come dance, laugh, and enjoy the rhythm of West Coast Swing!

Information available from Judy Palipowski:
judypalipowski@gmail.com ph 250-752-6837



What's Cookin'?



MONDAY LUNCH

BRENDA'S QUICHE with Brenda & Helen



WEDNESDAY LUNCH

2nd & 4th – Roz & Margaret

SHEPHERD'S PIE



THURSDAY LUNCH - 2nd & 4th

Cathy & Brenda's
CREAMY CLAM CHOWDER



TUESDAY FEBRUARY 3 & 17

Leslie's fresh baked **CINNAMON BUNS** are a favourite with all. **Only \$1.50 and one per person – no take out.**



FEBRUARY 21 – Bill & Verdelles

CHILI with Corn Meal Muffin



Greetings from the Cookie Cutters

It's kind of nice settling into cozy winter weather after a busy Christmas season.

Starting to dream about warmer temperatures but in the meantime, it's perfect baking weather!

Give me a call / text at 604-379-0290 or email me at charles.brenda@me.com for more information. I'm also in the kitchen the second and fourth Thursday morning.

Here's a quick and easy recipe for scones. Tasty and low fat. I'm still getting over all the Christmas cookies!

Cranberry-Orange Scones

Ingredients

- 2 cups all purpose flour
- 1/3 cup packed brown sugar
- 2 teaspoons baking powder
- 3/4 teaspoon baking soda



- 1/2 teaspoon salt
- 1 cup + 2 tablespoons buttermilk
- 1/3 cup sweetened dried cranberries
- 2 tablespoons butter, melted
- 2 teaspoons grated orange zest
- 1/2 teaspoon vanilla
- 1 egg

Method

Preheat oven to 400°F. Spray a large baking sheet with non stick spray or use parchment paper.

In a large bowl, combine flour, brown sugar, baking powder, baking soda and salt. Set aside.

In a medium bowl, whisk together buttermilk, cranberries, butter, orange zest and vanilla. Add wet ingredients to



dry ingredients and stir until a soft dough is formed. Turn dough onto a lightly floured surface and decide into 2 pieces. Shape each piece into a ball and roll or pat out to 3/4" circles, about 6" in diameter. Transfer dough to baking sheet. Using a sharp knife, cut each circle in to 6 wedges. Do not separate them.

To make glaze, lightly beat egg and 1 tablespoon water in a small bowl (you won't use all of it). Brush glaze lightly over top of dough. Bake for 15 - 17 minutes, until scones are puffed up and golden.

Upcoming Events



Paula Kalsi | Barbara Davidson

Seafood Dinner & Dancing

Saturday, February 7

Doors open at 5 pm

Dinner will include mussels, shrimp, crab cakes, salmon and salmon with salad, garlic bread and dessert.

SOLD OUT



Musical Entertainment by The Ramblers.

- Door prizes
- Cash Bar

\$20 pp



St. Patrick's Day Dinner at the Shady Rest Restaurant

Saturday, March 21

- Bangers and mash, vegetables & dessert
- Tea, coffee or pop
- Door prizes
- Live Music by Fan Fare

A Sign-up Sheet will be posted at the Centre on Tuesday February 17.

Mulligatawny Soup

Barbara Davidson

Ingredients

- 1 cup chopped onion
- 4 stalks celery, chopped
- 2 carrots, diced
- 1/2 cup butter
- 3 tablespoons all-purpose flour
- 3 teaspoons curry powder
- 8 cups vegetable broth
- 1/2 cup white rice
- 1 skinless, boneless chicken breast half - cut into cubes
- ground black pepper to taste
- 1 pinch dried thyme
- 1 cup heavy cream

Method

Melt butter in a large soup pot over medium heat. Add onions, celery, and carrots and sauté until soft, 5 to 7 minutes. Add flour and curry, and cook 5 more minutes, stirring frequently.

Add broth, mix well, and bring to a boil. Reduce heat and simmer for about 30 minutes. Add apple, rice, chicken, thyme, salt, and pepper. Simmer until rice is tender, 15 to 20 minutes. Just before serving, stir in hot cream.



- When do bed bugs fall in love? In the spring.
- What did the paper clip say to the magnet on Valentine's Day? I find you very attractive!
- Why did the boy bring a ladder to his girlfriend's house on Valentine's Day? Because he heard the stakes were high!
- Where do all the hamburgers take their dates on Valentine's Day? The meat ball.
- Why did the skeleton break up with his girlfriend before Valentine's Day? Because he didn't have the guts to ask her out!
- What did the bacon say to the tomato on Valentine's Day? Lettuce be together!
- Why was the math book sad on Valentine's Day? Because it had too many problems!
- What did the pickle say to its Valentine? You mean a great dill to me!
- Why did the boy bring a broom to his Valentine's Day date? Because he wanted to sweep her off her feet!
- What did the chef give to his wife on Valentine's Day? A hug and a quiche.



\$26 pp

includes tax and gratuity

Travel Talk

Check the website qbseniors.com for updates on the trips that are being planned



BC AVIATION MUSEUM Sidney BC

THURSDAY, FEBRUARY 26

\$75 per person – limited to 35 members

Enjoy a trip back in time with 40 aircraft on display at the BC Aviation Museum.

Included:

- Return bus transportation
- Admission plus a two-hour guided tour at the Museum

Lunch at *Mary's Bleue Moon Café* (at member's expense)

Book and pay by Monday February 16. Payment by cash or cheque payable to *Qualicum Beach Seniors Centre*. Place payment in envelopes provided and drop in the Travel Box by the Office.

LES MISÉRABLES Presented by Broadway Across Canada

THURSDAY, MARCH 19 Queen Elizabeth Theatre, Vancouver

\$329 per person

Included:

- Return bus and ferry transportation from Qualicum Beach to Vancouver
- 2 pm matinee performance

Book and pay by Friday February 20 (non-refundable). Payment by cheque payable to *Island Fever Travel*. Place in envelopes provided and drop in the Travel Box by the Office.

Trip is shared with Campbell River guests. A MINIMUM OF 20 QUALICUM BEACH MEMBERS ARE REQUIRED TO SIGN UP.

Please note seats are available through public sites with pricing at \$300+ per person.



BENNY ANDERSSON & BJÖRN ULVAEUS' MAMMA MIA!



SUNDAY, MAY 31 Queen Elizabeth Theatre, Vancouver

\$349 per person

Set on a Greek Island, Mamma Mia is a feel good musical that tells the story of a young bride to be who secretly invited three men from her mother's past to the wedding. ABBA music weaves a tale of love, laughter and friendship.

Included:

- Return bus & ferry transportation and 2 pm matinee performance

Book and pay by Friday April 30 (non-refundable). Payment by cheque payable to *Island Fever Travel*. Place in envelopes provided and drop in the Travel Box by the Office.

Trip is shared with Campbell River guests. A MINIMUM OF 20 QUALICUM BEACH MEMBERS ARE REQUIRED TO SIGN UP.

Please note seats are available through public sites with pricing at \$300+ per person.



10-day Eastern Newfoundland & St. Pierre Tour

AUGUST 8 to 18

\$6899 pp double | \$7899 pp single

Included:

- Return Flights from Comox to St. John's, Newfoundland
- Pre-night hotel before tour
- McCarthy's Party – Local Newfoundland Guide
- Welcome Reception
- 10 nights accommodation; 6 breakfasts, 6 lunches, 6 dinners
- Entrance to Historic Sites and Museums
- Visits to Admiral's Coast, Conception Bay & Ferryland
- Boat tour in Bay Bulls (weather permitting)
- Visit to the French Islands of Saint Pierre

Non-refundable deposit of \$1000 at time of booking; payable to Square 1 Travel. Balance due June 8, 2026.

Contact Square 1 Travel directly to book (250) 334-0355.



- ☞ We never really grow up – we only learn how to act in public.
- ☞ War does not determine who is right, only who is left.
- ☞ Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
- ☞ To steal ideas from one person is plagiarism. To steal from many is research.

Do you enjoy connecting with people? Want to contribute to your community? Statistics Canada is hiring for the **2026 Census**. These positions offer meaningful work that helps shape the future of communities across Canada. Apply now: census.gc.ca/jobs

CENSUS JOBS

Statistics Canada is hiring for the 2026 Census!

Pay is \$25.87/hr for non-supervisory positions and \$31.32/hr for supervisory positions



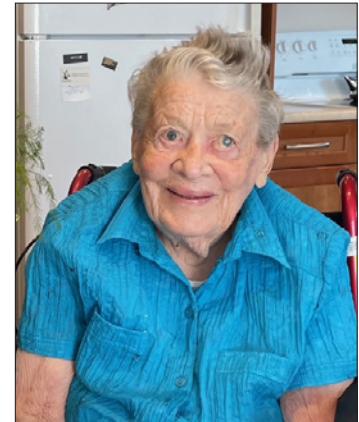
Apply today at
census.gc.ca/jobs



IN LOVING Memory

Yula Gall (nee McQueen) was born in Grenfell, SK on July 19, 1920 and passed away peacefully on December 13, 2025 in Qualicum Beach at the incredible age of 105!

Yula loved playing cards and spent many hours at the Qualicum Beach Seniors' Centre playing whist. She was always up for a game of crib or canasta. Yula also loved to knit and crochet; she thoroughly enjoyed her knitting groups over the years. Several members of the Senior's Centre recalled Yula showing them how to do some intricate patterns. Yula liked to tell stories and even though you might have heard it more than once, there was usually a new detail to make them entertaining!



Yula felt she was very lucky to remain living in her own home until her passing. This would not have been possible without her amazing care team. Ann McVey, was not only a landlord, but also a wonderful friend who helped care for Yula over the past 10+ years. A huge thank you to Yula's current and past caregivers for all they have done over the past 8 years to allow Yula to have the best quality of life and to allow her to keep her independence until nearly the end.

As per Yula's wishes, there will be no funeral, and her ashes will be scattered in the Qualicum Beach Scattering Garden.

WELCOME NEW MEMBERS

Janet Alexander
Ron Alexander
Marg Bennett
Eileen Bergman
Sally Blake
Deb Bresse
Brenda Bruce
Ann Cameron
Jim Cameron
Alison Chilton
Dini Cobb
Meghan Earley
Tony Elvin
Mic Fazio

Natalie Gauvreau
Pat Gauvreau
Jerry Gosling
Bret Gwaltney
Jeannie Heyes
Jennifer Hewitt
Janette Hooper
Kathy Kirkwood
Keith Kelsch
Doug Knowles
Jan Lampman
Graham Lenton
Sue Lenton
Jeff Madsen

Sheila MacLean
Lynn MacLean
Elizabeth Marsland
Birgitta Mick
Elaine McDonald
Bradley Nychyporuk
Carolyn Parry
Ken Richardson
Christina Thorsell
Fred Thorsell
Mieke Vander Valk
Shirley Wilson
Ken Witala

MEMBERSHIP REPORT

For the month of January there were an additional **40** new Members and 18 renewals.

Year to date (2025-2026) as of January 31, 2026

967 Total members, made up of:

- 607 renewals
- 232 new
- 109 Complimentary (90 years old or over)
- 18 Life members
- 1 Honorary



- ☞ I used to be indecisive, but now I'm not so sure.
- ☞ I'm supposed to respect my elders, but it's getting harder and harder for me to find one now.

PROBLEMS with your ELECTRONIC DEVICES?

Call the TECHNOLOGY TUTOR!

Brian Collicott

250 947-8258

To book an appointment, contact the OBLT Technology Learning Centre at tlc@sd69.bc.ca



Every Thursday 1:30 to 3:30 pm in the Lounge

The Sunshine Lady



Do you know of someone who may be feeling ill – in hospital – or grieving?

Be sure to contact **Jeri Burke**, the Centre's Sunshine Lady at **250-752-9320**.

Jeri would be happy to brighten their day!



Not feeling well?

Just to remind to folks that may have a cough and / or are not feeling well please do not come to the Centre until you are feeling better.



Let's play it safe. Thank you!

BOARD OF DIRECTORS 2025-2026



President Rob Duncan 236-544-0021
Vice President Paula Kalsi 250-738-6020
Secretary Bonnie Evoy 250-248-7691
Treasurer Sandi Grant 778-987-2472
Past President Lorne Tetarenko .. 250-951-9050

DIRECTORS

Events Paula Kalsi 250 738-6020
Facilities Geoff Rigby 250-594-5411
Kitchen Leslie Kleven 250-240-5479
Membership Anne Sharp 250-752-9771
Technology Barbara Davidson . 250-752-6770
Travel Cynthia Crawford . 250-594-7701

AFFILIATES

Activities Anne Driesbach ... 604 679-1703
History Ann Svensen..... 250-752-5537
Kitchen Volunteers.. Jan Desjardins250 686-0348
Newsletter..... Karen Garland250-589-5059
Sunshine Jeri Burke..... 250-752-9320
Welcome Desk ... Jeri Burke..... 250-752-9320

*The deadline for submissions for the **March** Newsletter is Thursday, February 26
Email: kkgarland22@gmail.com*